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Sample Care Log

Name: David Smith

Date	Time	Changes in Health/ Mood/ Memory/ Behavior
6/01/02	1:15 p.m.	David fell asleep in his chair while watching TV. When I tried to wake him after an hour, he became angry and pushed me away. He slept for 3 hours.
6/02/02	2:20 a.m.	David had a hard time sleeping tonight. He was pacing across the room for 2 hours. When I tried to get him to go back to bed, he started crying and seemed angry.
6/07/02	3:15 p.m.	David and I went to the mall today to walk and get some exercise. He seemed very irritable and tired. He hasn't been sleeping well all week.
6/10/02	2:30 p.m.	David and I went to the mall again for walking. He seemed very confused and kept asking where we were. I stopped to get us a cup of coffee and when I turned around, he had
		disappeared. It took me an hour to find him. He was very anxious and confused when I found him.
6/15/02	4:30 p.m.	David was asleep in his chair for almost three hours. When he woke up, he was very restless. He kept trying to leave the house, saying he wanted to go home. He kept
		asking why I was keeping him there.
6/16/02	12:15 a.m.	I woke up and saw that David was not in bed. I ran downstairs and saw the door open. I went outside and luckily found him down the block. He was walking in the middle of the
		street.

Care Log

Alzheimer's Association

Name:		
Date	**Time**	**Changes in Health/ Mood/ Memory/ Behavior**

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